

The HAWC Herald

Health and Wellness Center 2690 C St, Bldg 571 (Area B) in the Wright-Field Fitness Center
Wright-Patterson AFB OH 45433-5350 Telephone: (937) 904-WELL

Wellness is an Attitude!

www.afmcwellness.com



The AFMC Wellness and Safety Campaign is a Program designed to help you "get an attitude adjustment." Being well is more than just being physically fit. Wellness is an attitude (that rocks baby!) and that means also taking care of the spiritual, social,

and emotional aspects of your life. Our AFMC Wellness Support Site provides tools to help you assess your current health status and foster positive behavioral changes to bring out the best in you. The site also provides information on upcoming classes and programs as well as Base Helping Agencies.

BOD POD Body Fat Measurement

BOD POD measurements are available on Tuesday's from 0800-1200 for all Tricare Beneficiaries at the HAWC. Please call to schedule an appt.

For **DoD Civilians**, please see Civilian Health Promotion Services (CHPS) schedule on page 4 for more information on how to receive this **FREE** service!



FIT FEST at Wright Field Fitness Center!!!

08 AUG 2012
1030-1300



Join in the fun at WFFC in Area B. There will be information booths from base helping agencies, fitness demos, Pump 'N Run, health screenings and more. See you there!

HAWC Class Policy

HAWC classes are open to Active Duty, Reservists, Guard, retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis. Class sizes are limited and **all classes are first come first served**. For more information, please call 904-WELL (9355).

HAWC Herald and information located here:

<http://www.wpafb.af.mil/library/factsheets/factsheet.asp?id=9393> or

<http://www.wpafb.af.mil/shared/media/document/AFD-120419-006.pdf>

HAWC Classes



Stress Management

Jul 2/Aug 31

13:00-14:00, HAWC

Classroom #4

Stress getting you down? Learn some new techniques to manage it. Bring your lunch and get ready to relax!

Practical Nutrition

Jul 16/Aug 13/Sep 10, 1330-1430, HAWC

Classroom #3

Nutrition 101. Come learn how to nourish the body with food to provide energy and maintain health.

Achieving a Healthy Weight

Jul 02/Sep 17, 0900-1000, HAWC Classroom #3

Do you have extra holiday pounds to lose? Come learn how to achieve a healthy weight, sustained throughout a lifetime and reduce your risk for many serious conditions.

Increase Your “Fats” IQ

Aug 20, 1130-1230 HAWC Classroom #3

Learn Tips for Choosing the Wright Foods for Cardiovascular Health and food tips for a healthy heart.

Starting an Exercise Program

Jul 17/Aug 14 /Sep 11, 1500-1600 Classroom #3

Designed for the novice, this class will help you determine which aspects of fitness training you should include in your exercise regimen to best fit your needs. Great for the Civilian Fitness Program!

Strength Training for the Beginner

Jul 24/Sep 18, 1500-1600 Classroom #3

Learn about specific exercises that should be included in a strength training routine, along with exercise training techniques that improve strength and reduce injury.

Marathon Mid Point Class

Jul 9 1330-1500 Classroom #3

Are you halfway through your marathon training and want to make sure you are on the “Wright” track - then this class is for you. Follow-up this class by also attending our final marathon prep class.

Marathon Final Prep Class

Aug 27 1330-1500 Classroom #3

Learn some final tips to follow for these final few weeks as well as during and after the marathon to make your 2012 marathon journey a successful one.

3 Session Class - Starting a Running Program and Aerobic Performance Nutrition and Running Form Practical

Jul 23 (class 1)/Jul 30 (class 2)/Aug 6(class 3)

All held from 1330-1500 Classroom #3

Whether you are just starting a running program or are a more advanced runner, this three part class will help put you with your running program. The first class will teach you how to train as well as properly fuel and hydrate for endurance sports performance. The second and third classes will address proper running form/techniques and drills Sessions 2 and 3 involve practical/running sections so come dressed to run either inside or out. **(NOTE: Again this is a 3 part class and builds upon the previous class - therefore**

you must attend class 1 before attending class 2 and attend class 2 before attending class 3)

Tobacco Cessation

Stop smoking or chewing tobacco for good! It's never been easier to quit.

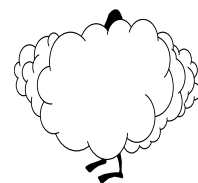
Jul 9, 11 and 13 in HAWC Classroom #3

Sep 10, 12, 14 in HAWC Classroom #3.

The class has a total of 3 sessions (Mon, Wed, Fri) 1100-1215. Registration is not required, “first come, first served”. Call 904-9355 (WELL) for more information or contact Michael Papio at 904-9358 for questions.

Starting in August as a pilot trial the HAWC is offering a one day Tobacco Cessation class: **Aug 8, from 1300 – 1530 in the HAWC Classroom #3.**

Classes don't fit your schedule? Call the American Lung Association quit line at 1-800-548-8252 and speak to a counselor, request a completion certificate then call Occupational Medicine at 255-4809/904-8432 for an appointment and further instructions.



Active Duty Only

How to Train for the AF PT Test

Jul 10/Aug 28 1430-1600 Classroom #3

Special class for our military members

Worried about your lackluster fitness test score? Get ahead of the curve – don't risk the consequences of failure on the AF fitness test. Many changes may make “passing” scores harder to achieve. Learn various training methods and techniques to improve your chances of success! Come dressed and ready for lecture and practical instruction.

BE WELL Program

Every Tuesday 0830-1200, **HAWC Classroom #3.**

Note: **Members must** bring completed AF Form 108 to BE WELL classes.

Program includes 5-day, 2-month, 3-month, 4.5 month, AND 6-month website visits.



Duty Limiting Condition (DLC) Classes For AD members that require a 422, meet Wednesdays 0800-0900/HAWC Classroom #4.

Looking for your completed 422?

Individuals can access their profile by following the steps below:

Log onto the Air Force Portal

<https://asims.afms.mil/imr/MyIMR.aspx>

Scroll down to Featured Links box

Click on the + next to Fitness & Health

Click on Medical Readiness-Deployment Health

Click on MyIMR

Scroll down and click on AF422a or AF469 and that will allow you to view and print your own profile.

Pregnancy DLC

Jul 30/Aug 27/Sep 24 0900-1000 HAWC ClassRm #3.

Mandatory for all AD members with pregnancy profile and who require an AF Form 422 that limits participation in squadron/unit PT and the AF Fitness test. Members should bring their AF Form 469 to class for review.

PTL Tester Training

Jul 19/Aug 16/Sep 20 from 0730-0945 in HAWC Classroom #3

This course is a mandatory course for those who will be serving as test administrators for WPAFB's official testing program or those who will be conducting nonofficial diagnostic tests in their unit. This course teaches proper technique for push-ups, crunches, measuring abdominal circumference, AF run or walk test and tabulating the final score. **MUST wear PT gear.**

IAW AFI 36-2905, *PT leaders* must have a passing fitness test score and current CPR certification before being allowed to attend and register for these fitness related courses. You will need to bring proof of current CPR with you at class time. FAMs and PT leaders must attend an initial class and refresher courses annually.

UFPM Training Course Jul 19/Aug 16/Sep 20, 10:00-12:30 HAWC Classroom # 3.

This training is a required course for those members who will serve as their Unit fitness Program Manager (UFPM) and will train members on FA policies and metrics. This will be a team taught course from the HAWC and FAC chief.

UFPM Corner

After training, new UFPMs must contact Mr. Jeff Hickel (FAC chief at 256-5963) to get access to FA scheduler and AFFMS. BRING copy of UFPM appointment letter before access can be granted. **All** mandatory fitness and training classes are scheduled **through** the HAWC.

Physical Training Leader Course

Jul 12/Aug 9/Sep 13, 0730-1630 HAWC Classroom #3.

This 7 hour training is for members who will be leading unit fitness sessions and administering fitness test. **MUST wear PT gear.**

PTL Refresher Course

Jul 19/Aug 16/Sep 20, 0730-0945 HAWC Classroom#3

This fulfills annual refresher training required for PTL's. **Wear uniform of the day**



Health and Wellness Center Staff

- Michael Papio MS, RN -- Health Promotion Manager
- James Schlub Ph.D. -- Fitness Program Manager
- Heidi Greenhorn, MS, RD, LD - Dietitian



Civilian Health Promotion Services

Bldg 571(B) Wright Field Fitness Center (WFFC), Room 143

Phone: 937-904-9359

CHPSWrightPatterson@psc.gov

- Katie Doyle, MS - Health Promotion Coordinator
- Health Promotion Specialists:
 - Barbara Cox - Christina Hill, MPH
 - Kris Lowman - Kathleen Voelker



NEW BOD POD MACHINE FOR CIVILIANS!!! BODY FAT MEASUREMENTS NOW AVAILABLE

For initial measurement, complete "Benefits of Exercise"

27 JUL / 1130-1230 / WFFC Room #4

24 AUG / 1130-1230 / WFFC Room #4

21 SEPT / 1130-1230 / Bldg 262 Barnhart CR #C113

According to the U.S. Dept. HHS, millions of Americans suffer from chronic illnesses that can be prevented or improved through regular physical activity. This class will explain the general benefits and types of regular activity, provide guidelines on starting an exercise program, and discuss lifestyle changes.

For 6 month re-test, complete "Eating Well in a Busy World"

30 JUL / 1130-1230 / WFFC Room #4

27 AUG / 1130-1230 / Bldg 262 Barnhart CR #C113

24 SEPT / 1130-1230 / WFFC Room#4

To keep up in today's busy world, people are becoming master multi-taskers. But how do we keep up with our daily nutritional needs? This class will take you back to basics with the 5 food groups and everyday nutrition tips to help you eat well & maintain good health with your active life.

BOD POD measurements are available every Monday from 0730-1530. The Civilian BOD POD machine is located at Bldg 571(B) Wright Field Fitness Center, Room #146 (across from CHPS office).

The *Civilian Fitness and Wellness Policy* covers wellness programs like CHPS classes! You are welcome to bring your lunch to eat during class. No registration is required for CHPS classes. Schedule is subject to change; please check www.AFMCWellness.com for most up-to-date listing.



JULY is Skin Cancer Awareness Month

Skin Cancer & Sun Safety Awareness

02 JUL / 1130-1230 / WFFC Room #4

11 JUL / 1130-1230 / Bldg 262 Buckeye #B104

18 JUL / 1130-1230 / Bldg 10 Wing CR

25 JUL / 1130-1230 / Bldg 1222 2nd Floor Training Room

Skin cancer is a lifestyle disease, affecting 1 in 5 Americans. However, it is highly preventable. Everyone should make sun safety a priority and incorporate sun protection measures into their daily life. Attend this class to learn more about causes, types & treatment for skin cancer and heat exhaustion.

Oral Health: A Window to Your Overall Health & Wellness

10 JUL / 0830-0930 / Bldg 50 Room #13

26 JUL / 1130-1230 / Bldg 262 Barnhart CR #C113

Your oral health is connected to many other health conditions beyond your mouth. How is the care of your teeth & gums impacting your wellness? We will discuss good oral health, how it relates to wellness, common oral diseases & good nutrition.

Stress Management Series (3 Week Series)

10, 17, 24 JUL / 1130-1230 / Bldg 50 Room #13

07, 14, 21 AUG / 1130-1230 / Bldg 262 Barnhart CR #C113

11, 18, 25 SEPT / 1130-1230 / WFFC Room #4

No plans for a vacation this summer? Attend CHPS' Stress Management Series to staycation your way to relaxation. Gift awarded upon completion of all classes.

Healthy Weight the SMART Way

12 JUL / 1130-1230 / WFFC Room #4

17 JUL / 1130-1230 / Bldg 10 Wing CR

08 AUG / 0830-0930 / WFFC Room #4

22 AUG / 1130-1230 / Bldg 1222 2nd Floor Training Room

30 AUG / 1130-1230 / Bldg 50 Room #13

Many people fail in reaching their health & wellness goals because they are too aggressive, have an all or nothing approach to making changes or try to take on too much at one time. This class will discuss fad diets, stages of change and interventions for specific goal setting.

Stroke Prevention

19 JUL / 1130-1230 / Bldg 50 Room #13

24 JUL / 0830-0930 / Bldg 262 Buckeye #B104

Stroke is a leading cause of death in the U.S. These attacks on the brain are often misunderstood and occur without warning causing serious long-term disability or even death. This class will explore the facts about strokes, symptoms and prevention to reduce your risk.

Guilt Free Cookout

20 JUL / 1130-1200 (30 min) / Bldg 50 Room #13

21 AUG / 1130-1200 (30 min) / WFFC Room #4

When most people think of a cookout, they have visions of hamburgers, potato salad and chips – all foods that can weigh heavily on your heart & wreak havoc on your waistline. Learn some recipe modification tips to makeover your favorite dishes & enjoy a fun, flavorful & healthy cookout.

Headaches

31 JUL / 0830-0930 / WFFC Room #4

31 JUL / 1130-1230 / Bldg 262 Barnhart CR #C113

Headaches are one of the most common pain complaints, ranging from minor annoyances to severe migraines. The pain makes it difficult for us to focus and affects our mood. This class will cover different types, treatment & prevention of headaches.



****AUGUST is
Immunization Awareness
Month****

Men's Health

01 AUG / 0830-0930 / Bldg 50 Room #13

***14 AUG / 1130-1230 / WFFC Room #4 (**Women ONLY**)

28 AUG / 1130-1230 / Bldg 262 Barnhart CR #C113

Men's health often takes a back seat to women in terms of prevention & early detection. This class will help to increase awareness of preventable health problems & encourage early detection and treatment of disease among men. Women are encouraged to attend and learn helpful health information for the men in their lives.

Women's Health

02 AUG / 1130-1230 / Bldg 10 Wing C/R

***09 AUG / 1130-1230 / WFFC Room #4 (**Men ONLY**)

13 AUG / 1130-1230 / Bldg 262 Barnhart #C113

16 AUG / 1130-1230 / Bldg 50 Rom #13

Women often neglect their own health & focus instead on their partner's and their children's. Take care of yourself first by attending this briefing to learn more about women's health concerns to encourage prevention & early detection. Men are

encouraged to attend and learn helpful health information for the women in their lives.

Self Care Basics & Adult Vaccinations

09 AUG / 1130-1230 / Bldg 50 Room #13

15 AUG / 0830-0930 / Bldg 10 Wing CR

17 AUG / 1130-1230 / WFFC Room #4

20 AUG / 1130-1230 / Bldg 262 Barnhart #C113

Many of us have so many responsibilities in life that we forget to take care of ourselves. However, nurturing oneself is a key factor in being able to keep up strength, resolve & motivation. Join CHPS as we explore self-care and vaccinations.

Spice it Up! Coking with Herbs & Spices

23 AUG / 1130-1200 (30 min) / Bldg 50 Room #13

29 AUG / 0830-0900 (30 min) / WFFC Room #4

20 SEPT / 0830-0900 (30 min) / Bldg 262 Buckeye #B104

Spice up your diet by cooking with herbs & spices – an easy way



to add flavor and variety to your food. This class will help you learn to let your taste buds be your guide!

****SEPTEMBER is
Awareness for
Cholesterol Education & Healthy Aging****

Stay tuned to www.afmcwellness.com

There will be an AFMC-directed incentive program for DoD Civilians and Active Duty this month!

Exercise & Aging

04 SEPT / 1130-1230 / Bldg 262 Barnhart CR #C113

07 SEPT / 1130-1230 / Bldg 50 Room #13

While you can't control your age, you can be in control of how much aging affects you, your body and brain. In this class, you'll learn to minimize the extent of the aging process through physical activity. It's never too late to improve fitness!

Menopause: Let's Talk

05 SEPT / 1130-1230 / Bldg 50 Room #13

11 SEPT / 1130-1230 / Bldg 262 Barnhart CR #C113

19 SEPT / 1130-1230 / Bldg 1222 2nd Floor Training Room

It's the end of menstruation, not the end of the world. All women experience menopause, but each in a unique way. For some it is an easy passage; for others, it can be a disruptive and uncomfortable time. (Did it suddenly get hot in here?) This class will help to quiet some rumors & myths while easing your fears for this transition.

Allergies

06 SEPT / 1130-1230 / Bldg 10 TBD

20 SEPT / 1130-1230 / Bldg 50 #13

The Asthma & Allergy Foundation of America ranks Dayton, OH, #10 on their 2012 Spring Allergy Capitals list. An estimated 50

July - September 2012

million Americans suffer from all type of allergies with symptoms ranging from mild to life threatening or even death. This class will define allergies, when to see your physician, and prevention/treatment of allergies.

Arthritis

12 SEPT / 1130-1230 / Bldg 50 Room#13

18 SEPT / 1130-1230 / Bldg 262 Barnhart CR #C113

Arthritis is a disabling & occasionally crippling disease. It afflicts almost 40 million Americans and is the leading cause of disability in people 15 years of age and older. Arthritis can result in a loss of mobility & independence, but early diagnosis and proper medical care can help significantly. In this class, we will discuss the management and treatment of arthritis.

Cholesterol Education

13 SEPT / 0830-0930 / WFFC Room #4

14 SEPT / 1130-1230 / Bldg 10 Wing C/R

19 SEPT / 1130-1230 / Bldg 50 Room #13

25 SEPT / 1130-1230 / Bldg 262 Barnhart CR #C113

Approximately 1 in every 6 adults has high blood cholesterol (CDC). Anyone, including children, can develop high cholesterol. Lowering cholesterol levels that are too high reduces our risk of developing heart disease. Have your Cardiac Risk Profile done with CHPS to know your numbers.



CARDIAC RISK PROFILE (Cholesterol) & BLOOD PRESSURE SCREENINGS

Remember, all DoD Civilians can have a cardiac risk profile (cholesterol, blood sugar, blood pressure, body mass index) done once per fiscal year. Please fast 8-12 hours and drink 8 ounces of water before screening. If we haven't been to your building, please call us if you would like to take advantage of this **FREE SERVICE!!**

Every Monday and Friday

Walk-Ins

0700-1000

CHPS Office (Bldg 571-WFFC, Room 143)

11 JUL / 0800-1030 / Bldg 262 Food Court

12 JUL / 1100-1300 / Bldg 556 2nd Floor Lobby

13 JUL / 0630-1000 / WFFC Gym Lobby

13 JUL / 11300-1300 / Bldg 16 Food Court

17 JUL / 1100-1300 / Jarvis Gym Lobby

18 JUL / 0800-1030 / Bldg 620 Sentry CR

24 JUL / 0800-1030 / Bldg 262 A8/9 C/R

25 JUL / 1100-1300 / Dodge Gym Lobby

01 AUG / 0800-1030 / Bldg 18 TBD

06 AUG / 1100-1300 / Bldg 16 Food Court

08 AUG / 0700-1300 / WFFC Gym Lobby

09 AUG / 1100-1300 / Bldg 209 Subway Hallway

15 AUG / 0800-1030 / Bldg 553 Birds of Prey C/R

23 AUG / 0630-0830 / Jarvis Gym Lobby

28 AUG / 1100-1300 / Dodge Gym Lobby

05 SEPT / 0800-1030 / Bldg 653 TBD

06 SEPT / 0800-1030 / Bldg 556 2nd Floor Lobby

07 SEPT / 0800-1030 / Bldg 16 Food Court

12 SEPT / 1100-1300 / Bldg 262 Food Court

14 SEPT / 1100-1300 / Bldg 209 Subway Hallway

19 SEPT / 1100-1300 / Jarvis Gym Lobby

21 SEPT / 0630-0830 / Dodge Gym Lobby

21 SEPT / 1100-1300 / WFFC Lobby

*Blood pressure checks are available at all screenings
for any individual.*

DoD Civilians – complete your Health Risk Assessment in 5 easy steps!

Step 1: Go to www.AFMCWellness.com

Step 2: Click on Civilian Wellness

Step 3: Log on with your user ID and password (if you have forgotten, click on "Forgot ID/Password")

**If this is your first visit to the website, please "Create an Account" – you will be asked some preliminary questions and then can create by selecting your own login ID and password.*

Step 4: Click on "Take the Assessment Now" and answer all of the questions (takes approximately 10 min)

Step 5: Return to the home page and print the "Wellness Profile Certificate" under the Health Assessments tab

Bring your certificate to the CHPS office or any screening to claim your award.

**Please contact Civilian Health Promotion Services if
you would like any of these screenings and/or classes
offered at your work location.**

Katie Doyle, MS – Health Promotion Coordinator

937-904-9673

Katie.doyle.ctr@wpafb.af.mil